A 262 [760] Food. The daily dishes of the Abkhaz are cornmeal mush (abysta), which is eaten with strips of cheese instead of a spoon, sour milk, and millet prepared with cheese (aĕladž) or with milk and cheese (atsamukhkua). In the winter they often eat meat, A [263] especially goat. As everywhere, red pepper, garlic, and bitter herbs serve as seasonings. The women cook cone-shaped breads (arvasa) in milk for festive days and in water during fasts.

B 269 Like the Abkhaz, the Cherkess like to eat raw cucumbers with butter, salt, and red pepper, cooked young pumpkins, carrots, wild asparagus, dandelions, and other vegetables; also much rice and thick, stiff mush (pasta) made of wheat grains cooked without salt; formerly it was more often made of unhulled millet (pasta) or hulled millet (hatlama). Flat cakes (medžaga) of ground millet were also baked. Mutton and beef is often eaten with a gravy of sour milk and grated garlic (tusluk) or of honey and butter (fau'tgo). Sour milk (škau), curds, and cheese fill out the daily fare. Festive dishes are: spelt noodles with diced, hardboiled eggs, curds, sour milk, some butter, onions, and garlic (khinkal); flat cakes of wheat flour, eggs, and milk, simmered in butter (širaldama); small cakes of the same dough filled with curds and onions or with honey (haliva), dried apples, apricots cooked in wine and honey, and other fruits, etc.

A C 272 273 Festive drinks are: whisky (arka, fada fitsa = black F.), mead (fada pliš = red F.), millet beer (fada khuš = white F.), honey water (fau'uš), cooked cider with added honey, raisins, and blackberry juice, beer (šür), light and heavy wines from wild and cultivated grapes.

A 597 Society and family. As among other mountain peoples (see p. 732 [untranslated]), so also among the Abkhaz the father (awn aihab) and the mother (awn aihab ap's) of the house manage A 597 the affairs of the kin group [Sippe] and perform the cult ceremonies. They have a peculiar custom: an adult can be adopted by another kin group as though he were a child if he has kissed the mother of the house on the breast three times.

C 565 Up to 1866 the same positions existed among the Cherkess as among the Osset: princes (pši), noblemen (work), who were followers of the former in battle; those freed by the princes